



WHAT'SHEATE



Lamb Kebabs



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs dried plain fine
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon ground cumin
- ☐ 2 pounds lamb
- ☐ 1 teaspoon sumac powder
- ☐ 6 servings wholewheat pita breads green
- ☐ 1 juice of lemon
- ☐ 2 tablespoons olive oil

- ☐ 0.5 onion finely chopped
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon sea salt fine

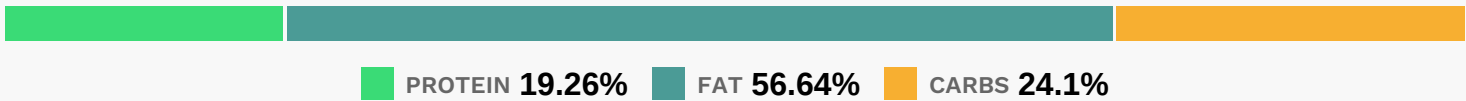
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler
- ☐ metal skewers

Directions

- ☐ Preheat broiler. Gently mix meat, lemon zest and juice, seasonings, onion, garlic, and bread crumbs in a medium bowl just until combined.
- ☐ Form meat mixture into 18 balls (about 2 in. each) and slide 3 onto each of 6 metal skewers. Put on a baking sheet and brush with oil.
- ☐ Broil, turning once, until browned and done the way you like, 10 minutes for medium.
- ☐ Serve meatballs with hummus, pita, and green salad.
- ☐ *Find ground sumac, made from tart red edible sumac berries, in the spice aisle of well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:29.39, Inflammation Score:-3, Nutrition Score:19.188695684723%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 665.52kcal (33.28%), Fat: 41.32g (63.57%), Saturated Fat: 16.27g (101.68%), Carbohydrates: 39.56g (13.19%), Net Carbohydrates: 37.61g (13.68%), Sugar: 1.09g (1.21%), Cholesterol: 110.37mg (36.79%), Sodium: 844.13mg (36.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.61g (63.22%), Vitamin B12: 3.52µg (58.74%), Vitamin B3: 10.85mg (54.25%), Selenium: 30.92µg (44.17%), Zinc: 5.81mg (38.72%), Phosphorus: 313.33mg (31.33%), Vitamin B1: 0.41mg (27.52%), Vitamin B2: 0.41mg (24.36%), Manganese: 0.46mg (23.23%), Iron: 3.89mg (21.59%), Copper: 0.28mg (14.24%), Magnesium: 53.45mg (13.36%), Folate: 53.15µg (13.29%), Potassium: 453.56mg (12.96%), Vitamin B5: 1.28mg (12.83%), Vitamin B6: 0.25mg (12.73%), Calcium: 97.91mg (9.79%), Vitamin K: 9.46µg (9.01%), Fiber: 1.95g (7.79%), Vitamin E: 1.01mg (6.71%), Vitamin C: 2.95mg (3.58%), Vitamin D: 0.15µg (1.01%)